

2009

## The Carroll News- Special Edition 2009

John Carroll University

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### Recommended Citation

John Carroll University, "The Carroll News- Special Edition 2009" (2009). *The Carroll News*. 799.  
<http://collected.jcu.edu/carrollnews/799>

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# Welcome Home Class of 2013

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## The CARROLL NEWS

Each year, The Carroll News produces this special edition to give prospective students a better idea of what life at John Carroll University is really like.

In these pages you'll find articles written by faculty, administrators, and students. Deciding where to go to college can be both exciting and stressful, and it is our goal that you are as informed as possible when you make that decision.

Whether it's academics, community service, or our extracurriculars, JCU has a lot to offer. We hope you enjoy further understanding why so many students love calling this University home.



# JCU Welcomes You, Class of 2012

## Letter from the President



Junior Matt Hiznay was elected Student Union president in December 2008.

To the Class of 2013,

On behalf of the John Carroll student body, it is my pleasure to congratulate you on your acceptance into John Carroll University! You all compose the men and women that will become the Class of 2013, the 127th class to attend Carroll.

Today marks the beginning of a very exciting time in your life. Today you begin the John Carroll experience. It is an experience that will challenge you beyond anything you have ever imagined.

It is an experience that will reward you with the collective praise of your professors and peers.

It is an experience that will teach you about the world “out there,” that world you seldom see or hear. It is an experience that will change your life. And I say this because all of these things have already happened to me.

The John Carroll experience transpires in different ways for each student. But there is one supreme experience that unites all of us. John Carroll University will assign you an ultimate mission: to become a man or woman for others. This, above all else, is the purpose of attending a Jesuit Catholic institution.

Attendance at John Carroll University is a gift. Attendance at John Carroll will prepare you for a changing world. I cannot say that I know what the world will be like in May of 2013.

But I can confidently say that the education you receive here will train you for the world that awaits four years from now. Your education will not only prepare you for the field in which you specialize, it also will make you proficient in the ancient disciplines of the liberal arts.

You will emerge as a competent speaker, writer, and critical thinker. You will go into the world with an education that exemplifies the Jesuit motto Ad Maiorem Dei Gloriam, an education “for the greater glory of God.”

There will be much to do and plenty to accomplish when you arrive here at the end of summer. There will be clubs, fraternities and sororities, sports, new friends, late night studying, thinking, praying – not to forget class! But until then, I encourage you to enjoy your closing high school months.

Something to note, however – I used to believe that “the best time of my life” was high school, until I came to John Carroll. A little fact to get you excited.

Many challenges exist in this world. John Carroll University will make you hear these and will make you see these.

And John Carroll University will prepare you, and then charge you, to set out to solve these problems as a man or woman for others, for the greater glory of God.

I look forward to seeing you all in August!

Yours truly,

Matt Hiznay '10  
Student Union President

## Taking the first step: JCU’s Summer Orientation

Kyle O’Dell  
Coordinator of Orientation

Congratulations on your acceptance to John Carroll University on behalf of the New Student Orientation staff.

We are looking forward to meeting you this summer and welcoming you to the John Carroll family.

One of the first traditions at JCU is the summer orientation program for first-year students. The purpose of the orientation program at JCU, including the summer, fall and first-year experience phases, is to assist first-year students in making a successful transition to the JCU community in the following areas: mission-centered initiatives, academic engagement, co-curricular opportunities and healthy relationships.

Further, Orientation provides you with the opportunity to get acquainted with John Carroll University in many ways. You will have the opportunity to meet with a faculty advisor and register for classes.

You will meet fellow classmates as well as upperclassmen. You will get to stay in the residence halls and see JCU in a whole new light, learning what to expect both socially and academically.

Participating in the summer orientation program will give you a head start on a successful, enjoyable college experience, making your transition in August less hectic and much easier for you. Our New Student Orientation staff is dedicated to



Kyle O’Dell

helping you get to know JCU.

We will be leading your small groups, taking you around campus, and participating in the fun night activities!

Please ask questions...we are here to help you! We hope that you choose to become part of the JCU community and

make it your new home!

Once you have made the decision to enroll at John Carroll and have sent in your deposit, the next step in the process is to register for New Student Orientation anytime after May 1, 2009. Please visit the New Student Orientation website at <http://www.jcu.edu/orientation> for registration deadline dates and more information!

Good luck with the remainder of your senior year and the difficult college decision process, and we can’t wait to meet you this summer!

If you have any questions or concerns feel free to contact Kyle O’Dell, Coordinator of Orientation ([kodell@jcu.edu](mailto:kodell@jcu.edu)).

### 2009 Summer Orientation Schedule

New first-year students for the fall 2009 semester will choose to attend one session from the following:

#### Deadline to Register

Session 1	June 9-10	Tues./Wed.	June 2
Session 2	June 16-17	Tues./Wed.	June 9
Session 3	June 22-23	Mon./Tues.	June 15
Session 4	June 25-26	Thurs./Fri.	June 18
Session 5	June 29-30	Mon./Tues.	June 22
Session 6	July 6-7	Mon./Tues.	June 29
Session 7	July 9-10	Thurs./Fri.	July 2
Session 8	July 13-14	Mon./Tues.	July 6
*Session 9	Aug. 25-26	Tues./Wed.	Aug. 18

\*Due to freshmen move-in, parent housing is not available for this session. Also, there will be no additional housing available for students who will not be living on campus in the fall as students who attend session #9 will move directly into their fall residence hall living assignments at that time.

# Academics first

At JCU, education is a primary focus and the building block to a successful future.

## Academic advising: the first step to success

**Sophie Kus-Patena**

Assistant Dean for Academic Advising

Academic advising is a service that cares, empowers and mentors students to be all that they can be. Advising is supported by faculty who work with students from the time they enter in as freshmen to the time they graduate.

Advisors play a significant role in the lives of students at John Carroll University. However, what makes advising at JCU unique? What is the role of the faculty advisor? What should new students expect?

Here are a few of our stories.

Robert Noll, a New Student Orientation faculty advisor, advisor of The Carroll News, and professor in the Communications department, met Katie Sheridan and her father at the New Student Orientation program. They discussed Katie's interest in journalism at JCU over dinner. Mr. Noll recognized Katie's exceptional work and enthusiasm for writing and immediately introduced her to The Carroll News editors. He encouraged her to develop her interviewing skills and recommended she enroll in a sophomore level Journalism course.

Katie Sheridan is now the managing editor of The Carroll News. Katie said Mr. Noll really understood her interest in news writing and continued to follow up with her desires to acquire experience as a journalist.

She encourages freshmen to "tell advisors what you are most interested in because they will point you in the right direction."

Dr. Mark Waner, a pre-major advisor and Assistant Professor in Chemistry, met his advisee, Raymond Chahoud a few years ago. Dr. Waner believes that it is important to listen to students and inquire about their career and life goals. In addition, he believes that it is essential to engage students in their academic planning.

Raymond Chahoud is a sophomore who is pursuing Biochemistry as an undergraduate major as well as an MBA program at the University. Raymond appreciates that Dr. Waner provided him with an organized course plan-

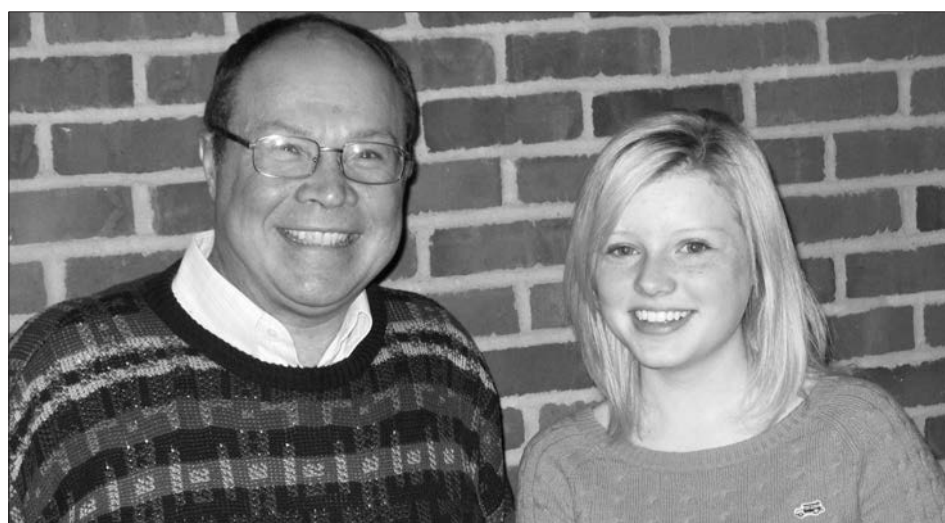


Photo by Alan Stephenson

**Advisor Bob Noll has helped advisee Katie Sheridan pick the academic path right for her. Noll has also helped Sheridan get involved with The Carroll News.**

ner for his major and MBA programs. He mentioned that even though he was not in the Honors program, Dr. Waner recommended an honors chemistry course that allowed him to further advance his studies in Biochemistry.

Raymond felt that Dr. Waner allowed him to freely select and make decisions about courses that matched his interests.

He noted that new students should follow their interests but check their plans with their advisors.

Dr. Lindsay Calkins, a pre-major advisor and associate professor in economics and finance, met Sarah Stout through the Transfer Orientation program.

Dr. Calkins believes that advising is "keeping doors open" for students. It is imperative to "listen to students and allow them to talk."

She enjoys meeting with students, however, expects them to be prepared during their advising meetings. She is flexible and willing to accommodate the needs of students and to provide them with accurate information. In addition, she believes in responding quickly to emails or phone calls.

Sarah Stout was an incoming transfer student who was interested in business. She

was disappointed about the advising processes at her other institution and was pleasantly surprised by the distinctive and personal advising offered at John Carroll.

Beyond scheduling for classes, Sarah stated that Dr. Calkins embodied the notion that JCU cares about the student as a whole person. Sarah said, "John Carroll cares about you, your well-being and your success, and wants you to strive to be the best person you can be. This is more refreshing than only focusing on graduation requirements."

She further noted that Dr. Calkins was very helpful by taking the time to answer all her questions and giving her direction "to figure out how to get to where she wanted to go." Through one-on-one meetings with her advisor, she learned that Dr. Calkins knew her interests and helped her connect with academic programs and internships.

Sarah said, "I think she [Calkins] is wonderful and consider myself lucky that she is there for me."

For more information about undergraduate academic advising, please feel free to stop in B103, Administration Building, first floor or call us at 216-397-4219 or email at [jcuadvise@jcu.edu](mailto:jcuadvise@jcu.edu).

## First Year Seminar - new and improved

John Carroll University has built its core curriculum around the First Year Seminar – a program designed to introduce students to reading critically, writing persuasively and discussing ideas clearly.

It isn't a "College 101" course that introduces college life; rather, it is a rigorous academic course taught by full-time faculty only.

The need for a change was prompted by Linda Eisenmann, Dean of the College of Arts and Sciences. Recently, faculty and students had noticed differences between the FYS classes such as light or heavy work load. The previous model had been in place for 12 years.

In fall of 2008, a new model designed to allow students more choices was introduced.

The theme for 2008 through 2010 is Social Justice, in keeping with the JCU mission and Jesuit tradition. There will be five specific Learning Communities that students will be choose from. They are:

- Climate Change and Social Justice
- Corporations and Social Justice
- Human Rights and Social Justice
- Poverty and Social Justice
- Second Life and Social Justice – Building a Utopia

In addition to class attendance, all students will meet every two weeks in the Donahue Auditorium to hear panel discussions and common speakers regarding various viewpoints on difficult issues of Social Justice.

The 40 faculty members currently involved in the Learning Communities have met with liaisons from Grasselli Library, Student Affairs and the Writing Center to design assignments and activities that will bring the topics to life for students.

The involvement of faculty is key to the program's development, according to FYS committee chair Paul Shick of the Mathematics and Computer Science department.

He said, "This re-design gives faculty members more ownership. They're building the course themselves." He also said, "There was an enormously broad range of opinions, but we all strongly agreed FYS should be an academic course."

This new model will give students more choice and more changes will be made in the upcoming years. The committee is contemplating a dorm/residence group where students will be housed based on what Learning Community they choose.

"A lot of what students get out of this program is from their peers," said Shick, "The biggest goal is to get students to talk about things outside the classroom. There is more to learning."

Students will choose their FYS Learning Community when they arrive on campus for summer orientation.



**Dr. Mark Waner (above) advised Raymond Chahoud (right) in the Chemistry department as an undergrad.**



**Dr. Lindsay Calkins (above) advised Sarah Stout (left) as a transfer student interested in business.**

## Successful advising relationships



# Being men & women for others

## JCU's Center for Service and Social Action offers many ways to volunteer

**Peggy Finucane**

Director of The Center for Service and Social Action

Imagine seeing the face of a child light up, just because you've come back for another week of service at her school. Imagine seeing the joy of a senior citizen, just because you've come back to spend an hour playing checkers with him. Imagine the hope of a person experiencing homelessness as you seek him out each week to be sure he has a hot meal and warm clothes. John Carroll students who engage in community service make a real difference in the lives of people.

JCU students volunteer with people with disabilities at Fieldstone Farms Therapeutic Riding Center, the Rosemary Center, and with L'Arche Community. Others travel to elementary schools, day care centers, and after-school programs across the city to tutor, mentor, and provide homework assistance to children. Some participate in service at senior citizen centers, domestic violence shelters, and at various social agencies in providing support services to the homeless, the hungry, and the needy in our community.

Although service is often thought of in terms of "what we do for others," in reality, it is most often we who benefit from serving others. Through service, we learn about different aspects of other people, of ourselves, and of the world in which we live. Because John Carroll students are receiving the gift of a college education, they are uniquely positioned to facilitate change in the world by learning about others and by empowering them through their service.

The Center for Service and Social Action at John Carroll University coordinates service work within our local, national, and global communities through a variety of programs and with a variety of foci. Service learning programs are those in which student learning objectives, faculty criteria and community partner needs all intersect within the act of service. Typically, this type of service is performed weekly and over an extended period of time, emphasizing the development of interpersonal relationships and a commitment to shared goals. The Center coordinated over 800 service learning placements during the 2008-2009 academic year, with over forty different community agencies.

Service placements included child psychology majors who worked with children with developmental disabilities or with youths interred at the Juvenile Detention Center; FYS students studying issues of poverty and social justice body who served at local food pantries or homeless shelters; education majors who assisted at inner-city schools, outreach centers, or at Intergenerational School, a successful local charter school where children are grouped by developmental ability as opposed to age; and JCU students in political science, communication, and social justice courses who taught Cleveland-area elementary students about the United States Constitution through the "We the People" program, preparing them for a mock congressional hearing held on the campus of John Carroll University.

The Center for Service and Social Action also coordinates volunteer placements whereby JCU students, faculty, administrators, staff, and alumni can volunteer for service either on a weekly or project basis with a program of particular interest to them. The JCU community has provided hundreds of hours of service to various local agencies and institutions, including Rainbow Babies and Childrens Hospital, the Cleveland Food Bank, Cleveland Heights/University Heights schools, Cleveland and East Cleveland Public Schools, YouthAbility, Quantum LEAP, West Side Catholic Center, New Life Community, Arrupe House, the Free Clinic, Malachi House, the Goodrich Gannett Neighborhood Center, the Thea Bowman Center, Fatima Family Center, Fieldstone Farms Therapeutic Riding Center, Interfaith Hospitality Network, and a number of local schools and other agencies.

Finally, the Center for Service and Social Action coordinates service work through immersion trips, also known as "alternative breaks." These are typically week-long experiences which allow participants to explore current social, political, and cultural realities through direct service, experiential learning, and reflection. Participants travel locally, nationally, and internationally, living in the communities they are visiting. Immersion trips go beyond "sight-seeing" in that they provide an opportunity for students to live and work in marginalized communities, to both teach and learn, to both help and be helped by the relationships they develop and the knowledge they gain about the world outside their immediate "comfort zones."

During the 2008-2009 academic year, the Center for Service and Social Action sponsored seven immersion experiences, including two to New Orleans to assist in ongoing recovery efforts from the devastation of Hurricane Katrina; one to Chicago to explore the subject of urban poverty; one to Reynosa, Mexico focusing on border issues and another to Juarez, Mexico to explore immigration; one to the Children's Village in El Salvador to teach English as a second language; and one to Honduras, in which a group of JCU students paired with JCU alums and faculty to provide critically-needed medical supplies and care to residents in remote villages.

The Center for Service and Social Action is proud of the commitment to service so clearly demonstrated by those in the JCU community, and is dedicated to providing service opportunities for JCU students in the hope of advancing the university's mission to "inspire individuals to excel in learning, leadership, and service in the region and in the world."



Through service learning, students can travel to area schools and tutor young students.

## How to get involved

**Immersion trips:** week-long experiences that immerse students into a different social, political or cultural realm. Locations include Nicaragua, Immokalee, FL., New Orleans, Baltimore, Chicago, Kentucky, West Virginia, Ecuador, Honduras, Jamaica and Mexico. Visit [www.jcu.edu/immersion](http://www.jcu.edu/immersion).

**Service learning:** provides students with an opportunity to apply course concepts to a real-life experience that meets a community need, and then use that experience to better understand classwork. Visit [www.jcu.edu/service](http://www.jcu.edu/service).

**Other volunteer opportunities:** Lakeside Listening Ministry, Crossroads Hospice, Childrens Hunger Alliance/Healthy Kids, Nature Center at Shaker Lakes.

**JCU Events:** Streak Week service project, Make a Difference Day, Cultivating Community, Gifts that Give Twice Day, Earthfest at The Cleveland Zoo.



# Planning ahead

JCU's Center for Career Services helps students plan for internships, careers and future endeavors.

## Hilary Flanagan

Director of the Center for Career Services

Students and their families often wonder how their college education is going to translate into a great job after graduation. Even students who plan on attending graduate school will be in the job search soon enough. Plus, to get accepted into graduate school, one really needs the same skill set as a job seeker.

Students and their families seem to be on a heightened state of alert when it comes to career success.

At John Carroll, we have the resources to ensure that every student can succeed. In addition to the excellence in education provided, when it comes to career development, JCU's Career Center delivers.

JCU offers a multitude of services that help students answer four key questions on their path through JCU toward a career: Who am I? What am I good at? Where is that needed in the world? How will I get there?

Career Education courses are offered for students at all levels of their career development.

The staff also works with students individually to strategize and make connections to specific resources for each student, no matter where they are at in the process.

Upon starting college, approximately half of college students nationwide are not ready to commit to a college major, so you need not worry about somehow being behind if this is you. It is both okay and normal to take some time to make that important decision.

For students still exploring choices for a major, there is CE 111 Exploring Your Options, a 1-credit course students can take freshmen or sophomore year to really focus on the question, "Who Am I?"

There are assessments that can present choices for majors and careers based on personality and interests, and our professional staff will be there every step of the way.

Of course, many other students do know exactly where they want to focus their studies when they arrive at JCU. Those students are usually curious about how they are going to get the experience necessary to test out that decision. We offer CE 101 for this group, a 1-credit course focused on the next question in career development, "What Am I Good At?"

Students move from self-assessment into the preparation for internships. The focus becomes finding other experiences and con-



The Center for Career Services provides one-on-one counseling and job advice for students of all experience levels.

nections to test their chosen career path and to narrow down their choices to a specific job.

When it comes to internships, JCU offers students a unique and flexible way to work them in for academic credit.

The Career Center has courses for students to earn 0-3 credits for an internship experience, paid or unpaid. There are even opportunities for students to be compensated for some unpaid experiences with nonprofit organizations.

There are other level Career Courses that help students address the remaining career development questions, "Where Is That Needed In The World?" and "How Do I Get There?" We look forward to seeing you enrolled! Four years at JCU and four questions to consider with us on your path to success.

## IS ANYONE HIRING?

It is encouraging to know how much employers absolutely LOVE JCU students.

Employer participation in our on-campus interviews and the annual Career Fair remains strong. We still had 120 organizations attend the Annual Career Fair in February with opportunities ranging from internships to full-time jobs.

Employers have become more selective in which college fairs they attend, and John Carroll remains a place where employers come – they know and see the value of our students and often comment on how our students consistently "hit the ground running" in their first position.

Along with this external support, JCU also supports its own students by making strong connections for students. After enrolling at JCU, every student has access to Career Connection, where organizations and individuals are constantly posting opportunities for our students.

The experiences range from babysitting and yard work to internships and summer jobs to full-time entry level positions, and finally

experienced positions for our alumni. JCU alumni continue to have access to the Career Center as they advance in their careers.

We also have a very active alumni base and other friends of JCU who serve as Carroll Contacts. Students can access this list through Career Connection. They represent a wide variety of industries, geographic areas, and life experiences making it easy for students to network as they deem appropriate.

The Career Center also offers individual appointments for assessment, job/internship/grad school search, mock interviews, and other career topics to make sure that every student is on track. There are numerous online resources for students, as well as general and specific career programs presented throughout the year.

We really want to have students get started on the path to a successful career from the moment they set foot on campus. It's NEVER too early to stop by the Career Center.

We can't wait to meet you!

## Career Connection Online

- Students can register and post a resume available to companies to review.
- Search for internships, co-ops, part-time and full-time positions.
- Alerts students to career events and job fairs.
- Provides an on campus interview schedule, Carroll contacts and alumni contacts.
- Provides an employer directory of all types of job opportunities.
- A crucial tool for any major or career path and students of all years.
- Visit [www.jcu.edu/careercenter/](http://www.jcu.edu/careercenter/) or email [careerhelp@jcu.edu](mailto:careerhelp@jcu.edu).

## Career classes for planning your future

### •Preparing for the future

*Introduction to Careers (CE-101):*

Allows students to find the values, skills and interests they possess. Explores all occupation paths and prepares students to write a resume and develop interview skills.

### •Deciding on a major

*Exploring your Options (CE-111):*

For freshmen and sophomores. Designed for students that are undecided on a major/career and will explore their interests, values, personality and skills.



# Comfort Zone

JCU's residence life helps you learn to live on your own with room options, dining packages and support.

## Pacelli

"I'd say one of the good things about Pacelli is its location. When you go on breaks, the Pacelli lot is right there for you to load up the car. You can find the quickest route to the Student Center and be outside as little as possible when it's cold outside. The furniture is movable as well, and the lofted beds give you more room for all your stuff."

-Caitlin Sykes

**Pros:** Easy location in the heart of the campus; Can rearrange furniture.

**Cons:** Sidewalks flood; Have to escort male residents when they're in the building.



Photos courtesy of Residence Life



## Sutowski

"Living in Sutowski is great. You get to know everyone in the entire building, not just the people on your floor. It's close to the parking lot so it's really easy access when going home for breaks and everything. We've also had some great building-wide activities. I wouldn't trade it for anything."

-Cosi Polino

**Pros:** Easy location near the parking lot for breaks; Has good common rooms that link the building together and provide for mingling.

**Cons:** Further away from the Student Center.

## Murphy

"Murphy is a great place for socialization. My room doesn't have a common room, which is great for hanging out with friends, but it has a larger floor space. Every room has the same potential for awesomeness; it's all about how the residents decorate. The Cranium (a game room) is really cool, too."

-Pete Nigra

**Pros:** More space for socialization and meeting new people; Suites available with a common room.

**Cons:** No freedom with rearranging furniture; Older building with musty smell; Windows not in the best shape.

## Millor

"I really like living in Millor, everyone is really relaxed here and I've met a lot of new people on my floor this year. It's nice to be able to run across the hall and see a bunch of my friends all at once whenever I want."

-Virginia Rivera

**Pros:** Co-ed dorm; Being close to The Quad allows for easier access instead of being across the street; Has air conditioning.

**Cons:** Older building that has been renovated a lot.

-Compiled by Max Flessner





## Hamlin

“Hamlin has much more space to offer in the dorm rooms, hallways and study areas. Because it’s newer it’s pretty modern and the atmosphere is laidback.”

-Jenny Schmidt

**Pros:** Very laid back atmosphere; Quieter than most dorms; Great study areas.

**Cons:** Long walk to Dolan Science Center; Have to deal with traffic crossing the street to the main campus; Clustering system (choosing blocks of rooms with friends) makes it hard to make new friends.

## Bernet

“Respectful hall mates and RAs make living in Bernet an enjoyable experience. It’s a very clean environment and very spacious. It’s much more like an apartment than a dorm. It’s also located on a prime spot on campus.”

-Matt Fort

**Pros:** Apartment-style housing with own bathroom; Provided furniture in great condition; Air conditioned.

**Cons:** Limited laundry rooms; Tough to get into.



## Dolan

“Living in Dolan is nice because it’s quiet and you are guaranteed privacy. There’s also a lot of closet space and you get the chance to decorate it as more of an apartment, instead of a dorm, since you don’t have to work with a roommate or anyone else.”

-Meredith Snow

**Pros:** Own space to decorate and live how you please; Bathrooms and hallways never crowded; Relatively quiet.

**Cons:** It’s harder to meet people since everyone mostly keeps to themselves.

## Campion

“I enjoy being right by the football field and baseball diamond, especially when it’s warm out because there is so much energy. I like that it’s co-ed and I got to cluster with six of my closest friends and we got to map out exactly where we wanted to live.”

-Allison Moore

**Pros:** Overlooks the football and baseball fields; Good condition with nice, spacious rooms.

**Cons:** Long walk; Dislocated from the main campus.

## Facts for living on campus

- Residence life is your source for choosing a hall, a roommate and meal options.
- Freshmen have their choice of Pacelli, Murphy or Sutowski, or the Honors Floor.
- Upperclassmen have the option of single housing or choosing a roommate.
- All freshmen and sophomores not commuting from home must reside on campus.
- Entrepreneurship House: community in Murphy Hall that houses students from any major that are interested in entrepreneurship. Members will have the opportunity to meet with Cleveland-area entrepreneurs.
- Honors Community: allows students to have private study space and lounges.
- Meal plan options cover 10-19 meals per week.
- Every hall has a laundry room that accepts quarters or Carroll Cash.
- Each floor has a Residence Assistant (RA) available for counseling, answering questions and planning group activities.
- Students are encouraged to contact their roommate prior to moving in to discuss personalities, decorating or simply get to know each other.
- Residence Halls close during breaks, but students can stay on campus for an additional fee.
- For more information on campus housing:  
Web site: [www.jcu.edu/reslife](http://www.jcu.edu/reslife)  
email: [jcureslife@jcu.edu](mailto:jcureslife@jcu.edu)
- For more information on dining options:  
Web site: <http://www.campusdish.com/en-US/CSMA/JohnCarroll>



# Keeping fit and having fun

There are plenty of ways to play through JCU's club and intramural sports, free fitness classes and available workout facilities



Photo courtesy of Sandy Howard

## Intramurals

Students, faculty and staff compete against each other in an organized atmosphere.

Activities include flag football, ultimate Frisbee, fantasy football, cornhole, soccer, volleyball, basketball, racquetball, tennis, table tennis, Chicago softball, euchre, Texas hold 'em and golf.

You can join or start a team of all men or women or co-ed.

Championship winners receive a T-shirt and recognition on the "Intramural Wall of Champions."

Web site: [www.jcu.edu/campuslife/intramurals/sports/](http://www.jcu.edu/campuslife/intramurals/sports/)

## Club sports

Student-run organizations that compete against other school's varsity teams.

Activities include rowing, men's and women's rugby, ice hockey, men's volleyball, skiing/snowboarding, sailing, men's and women's lacrosse, ultimate Frisbee and women's field hockey.

Offer the opportunity to travel, make new friends and be competitive in the athletic environment.

Some clubs have coaches hired by the university.

Web site: [www.jcu.edu/campuslife/clubsports/](http://www.jcu.edu/campuslife/clubsports/)



Photo by Lisa Lewis

## Fitness classes

Free to students (besides personal training).

Offer Pilates, Yoga, kick-boxing, toning/sculpting, spinning and salsa.

All classes taught by certified instructors.

All equipment (such as weights, stretch bands, yoga mats, etc.) can be checked out at the Rec Desk for class.

Personal training program available for students at a reasonable price.

Classes offered and class times change each semester.

Web site: [www.jcu.edu/campuslife/recreation/](http://www.jcu.edu/campuslife/recreation/)



Photo courtesy of Sandy Howard

## Other fitness options for students

Available to all students are three racquetball courts, a swimming pool, diving pool, main varsity gym, jogging track, outdoor track, outdoor turf fields and Corbo room.

Various types of equipment (including small weights, tennis racquets and balls, goggles, table tennis, basketballs and cornhole sets) can be checked out at the Rec Desk.

Web site: [www.jcu.edu/campuslife/recreation/](http://www.jcu.edu/campuslife/recreation/)



## Your college experience

Students speak out about their time here at JCU

“At the beginning of the year, go to freshmen activities. Don't be shy, talk to a lot of people. And try a sport.”

**Britt Meek**  
Sophomore



“Try new things and try to get as much out of college as you can, because you will never regret studying, going to the gym or getting involved.”

**Carol Ann Kunka**  
Senior

“Go to study sessions. Don't take morning classes. Take some easy classes with some hard classes. Try to balance it out.”

**Bishoy Mickael**  
Sophomore

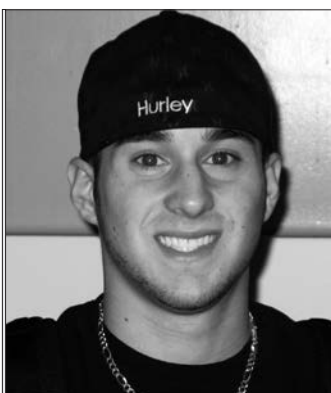


“Getting involved is the best way to make the most of John Carroll.”

**Andy Costigan and Emily Monteleone**  
'08 Graduates

“Get involved - everybody says it, but it's so true. Also, try a random roommate because it opens you up to different people.”

**Lance Street**  
Sophomore



“Don't worry about school because worrying is like a rocking chair - it gives you something to do but it doesn't get you anywhere.”

**Andrew Kolupski**  
Junior



# Cleveland Rocks

Whether you have a car, a bike, or none of the above, getting from JCU to downtown Cleveland is as simple as catching a train

## How to take the RTA

### Walk and ride

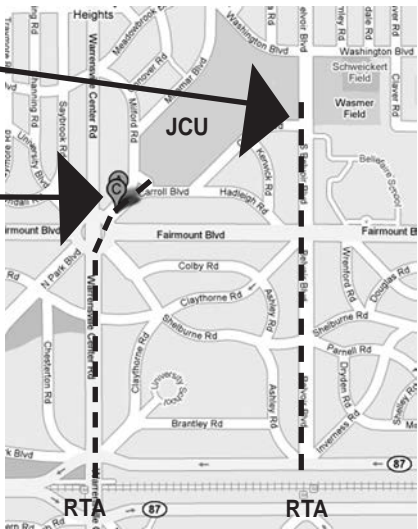
Walk south down South Belvoir Boulevard and it will take you directly to the RTA stop. Don't bother driving because there is no place to park the car.

Walk time: 15 minutes

### Park and ride

If you have some wheels, take the short drive to the Warrensville RTA station. Leave through the front gates of campus, go around Fairmount Circle, head south down Warrensville and take a slight right on Shaker Boulevard.

Drive time: 3 minutes



### At the stop, now what?

The RTA rolls through about every 15 minutes. Look for the Green Line to take you both downtown and back. It's \$4.50 for an all-day pass and you can pay at Tower City, your final destination if you're going to a Cavs or Indians game. The last train leaves Tower City a little after midnight on a weekday and around 12:30 a.m. on Saturdays. However, that schedule may change if a special event is going on downtown.

### Where to get off

Indians game - Tower City

Cavaliers game - Tower City

Rock and Roll Hall of Fame - North Coast (East 9th Street)

Browns game - West 3rd

Playhouse Square - Tower City

More than just a good time

Cleveland opens up opportunities for JCU students

Sure, JCU students know that taking the RTA is the best way to beat the pricey parking that comes with a Tribe game day.

But, being close to downtown Cleveland also opens up a world of internship and career opportunities that only comes with going to a university minutes away from a big city.

The JCU students who have gone before you have done a great job impressing Cleveland employers, and because of that many companies look for Carroll students.

The Cleveland Clinic, Cleveland Magazine, Cleveland Museum of Art, the Cavs and Indians are just a few of places where students have gained valuable out of classroom experiences.

Along with padding the resume, students have earned course credit towards graduation along the way.





# Keep It Close

JCU shuttles make local attractions accessible to all students



## East Loop Shuttle

Some of the most popular hot spots for student entertainment are just minutes off campus and the East Loop Shuttle provides an easy and convenient way to get there every weekend.

### Where it goes:

JCU Green Road Annex

Richmond Town Square

Beachwood Place

Legacy Village

LaPlace

## Express Shuttle

The express shuttle runs everyday but Saturday and takes students from the University to the Green Road Annex.

The shuttle's mission is to take students to the Annex parking lot to pick up their cars, but the area also offers a variety of dining options including: Zepp's Pizza; Jack's Deli; Pincus Bakery; Bruegger's Bagels. Heinen's Fine Foods, a neighborhood grocery store, is also located here. Heinen's includes an array of prepared foods and an eating area upstairs.

Also, upon request, shuttle drivers will drop off or pick up students at the RTA Rapid station at Green Road and University Square Shopping Center.

### For more information on JCU shuttles visit:

<http://www.jcu.edu/campuslife/shuttles/index.htm>

## You'll need a break from campus

Great options are available around John Carroll

### Best places to go on foot

*Fairmount Circle:*

Pizzazz Pizzeria  
Dave's Cosmic Subs  
Ben and Jerry's Ice Cream  
CVS Pharmacy

*University Square:*

Target  
Applebee's  
Coldstone Creamery  
Gamestop  
Rascal House Pizza

### Best places to go with the JCU Shuttle

*Legacy Village:*

Cheesecake Factory  
Stir Crazy  
California Pizza Kitchen  
Giant Eagle  
Joseph-Beth Bookstore  
Apple Store

*Richmond Town Square:*

Regal Cinemas  
Richmond Mall

### Best places to go when the parents are paying

*Little Italy:*

15 minutes from campus

*Coventry Village:*

Tommy's

*Mayfield Rd:*

The Boneyard

*Legacy Village:*

Brio



# Message from the Editor

Class of 2013,  
Planning for college can be overwhelming. E-mail inboxes and mailboxes become flooded with literature from schools trying to convince you they are the perfect university. When everything seems so great, a decision can be near impossible to make. But getting to know the place you may spend the next four years of your life is the best way to determine if it is right for you. I hope this special edition gives you a better idea of what JCU is like - and what it has to offer you. Good luck with the rest of your senior year of high school and the decisions that lay before you. I never believed anyone when they said “these four years will be the fastest of your life,” but it’s so true. Whatever decision you make, have fun and enjoy it.

Andrew Rafferty  
Editor in Chief

*Special thanks to Student Activities, the Office of Admission, the Career Center, Center for Service and Social Action, Academic Advising, Paul Shick, Sandy Howard, and everyone else for their contributions to this Special Edition.*

# Streak Week Service Project

JOIN TEAMS OF FIRST YEAR STUDENTS AND MEMBERS OF THE JCU COMMUNITY AND ENGAGE IN VARIOUS COMMUNITY SERVICE PROJECTS IN CLEVELAND.

THURSDAY, AUGUST 27

THE STREAK WEEK SERVICE PROJECT IS A GREAT WAY TO DIVE INTO SERVICE AT JOHN CARROLL, AND MEET FELLOW JCU FIRST-YEAR STUDENTS.

ALL STUDENTS RECEIVE A “STREAK WEEK SERVICE PROJECT” T-SHIRT.

REGISTRATION MATERIALS AND MORE DETAILS WILL BE MADE AVAILABLE TO ALL NEW STUDENTS IN MAY 2009.

# ☒ Checklist for Success

- ☐ Accept your financial aid award online through BannerWeb
- ☐ Finalize and submit all necessary financial aid paperwork/documentation

Starting May 1

- ☐ Log on to BannerWeb and access the First-Year Checklist
- ☐ Register online for summer orientation through BannerWeb
- ☐ Accept the housing contract online through BannerWeb
- ☐ Complete your housing preferences online through BannerWeb

- ☐ Log in to your JCU e-mail account

May-June

- ☐ Complete and submit your Student Health Form
- ☐ Get TB test and consider immunization shot for bacterial meningitis
- ☐ Register with Services for Students with Disabilities if necessary

- ☐ Request to have any AP/IB exam scores or college transcripts sent to JCU for course credit evaluation

- ☐ Familiarize yourself with computer requirements if bringing a laptop or desktop computer

Late July

- ☐ Notification of housing assignment

August

- ☐ Contact your roommate(s)

- ☐ Register for Streak Week Service Project on August 27, 2009 if interested (not required)

August 27:

- ☐ Move-in, say goodbye to your parents

August 27-August 30:

- ☐ Fall orientation

August 31:

- ☐ First day of classes